Devotional:
Life Through
the Holy Spirit

# Devotional: Life Through the Spirit Video

Live through the Holy Spirit.mov

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**Scripture Focus: Romans 8:13 (ESV)**

*“For if you live according to the flesh, you will die, but if by the Spirit you put to death the deeds of the body, you will live.”*

**Reflecting on the Word**

There is a stark choice presented in Romans 8:13: life according to the flesh leads to death, but life empowered by the Spirit leads to true and lasting life. This verse, though brief, encapsulates the tension between two opposing realities—the sinful nature and the Spirit of God.

**“For if you live according to the flesh, you will die.”**

In the Bible, “flesh” often represents our fallen human nature—our self-centred instincts, cravings, and desires that resist God's will. To live “according to the flesh” means to follow these desires unchecked.

This life may feel free on the surface, but it ends in bondage and death—both spiritual separation from God and ultimately eternal loss.

**Related Scriptures**:

- *Galatians 6:8* – "For the one who sows to his flesh will from the flesh reap corruption…"
- *Romans 6:23* – "For the wages of sin is death…"
- *Genesis 2:17* – "For in the day that you eat of it, you shall surely die."

**"But if, by the Spirit, you put to death the deeds of the body…"**

This phrase introduces hope and divine help. The Spirit of God doesn't just comfort—He empowers. Through the Spirit, we can confront and *kill* sinful desires. This process is often referred to as mortification—a daily battle against sin, not through willpower alone, but by relying on the Spirit's strength.

It's a lifelong process, not a one-time victory. We aren't passive in this battle; we actively *put to death* what is earthly in us.

**Related Scriptures**:

- *Colossians 3:5* – "Put to death therefore what is earthly in you…"
- *Galatians 5:16* – "Walk by the Spirit, and you will not gratify the desires of the flesh."
- *Philippians 2:12*–13: "Work out your own salvation… for it is God who works in you…"

**"You will live."**

This is more than survival—it's abundant life in Christ (John 10:10). This life is characterized by peace, righteousness, joy, and a profound relationship with God. It's also the assurance of eternal life—life in God's presence forever.

To live by the Spirit is to taste eternity even now. It's a life marked

by freedom from condemnation (Romans 8:1), adoption into God's family (Romans 8:15), and transformation into the image of Christ.

**Related Scriptures**:

- *Ephesians 2:4-5* – "But God made us alive together with Christ…"
- *John 10:10*— "I "came that they may have life and have it abundantly."
- *Galatians 5:22*–23: The fruit of the Spirit is the evidence of this life.

**Devotional Challenge**

Take time today to ask:

- *What areas of my life are still driven by the flesh?*
- *Am I relying on the Spirit to overcome sin, or trying to fight in my own strength?*

Surrender those areas to God, asking for the Spirit's help to put them to death—and choose life.